

Virginia State Parks An Outdoor Destination in Your Backyard

If you have never been to a Virginia State Park, it's easy to get started. Simply go to our website www.VirginiaStateParks.gov or www.VirginiaOutdoors.com. Find a park near you and go visit it! If you want to find a park with specific facilities, use our Park Amenity search tool at: http://dcrintra.dcr.virginia.gov/dcr_public/parksamenities/AmenityList.cfm

Or, click your favorite activity from this list and find the park that matches what you want to do: <http://www.virginiaoutdoors.com/activities>

Interested in programs or special events? Search by date range, park or type of event, or all three by clicking here: http://dcrintra.dcr.virginia.gov/dcr_public/events/vieweventpublic.cfm

Virginia State Parks – Enjoy the Great Outdoors! Sweepstakes

Learn more about Virginia State Parks by subscribing to their weekly eNewsletter and you can win one of these great prizes:

Week Cabin Stay

Two nights in a Cabin (outside of Memorial Day to Labor Day)

Two nights Camping

Annual Naturally Yours Passport Plus

**One of Ten Virginia State Parks
Limited Edition Monopoly® Games**

To enter the contest, subscribe to the Virginia State Parks eNewsletter by clicking on this link: <http://archive.constantcontact.com/fs014/1101626824846/archive/1101865786192.html> (or go to <http://www.virginiastateparks.gov> and click the button on the right hand side that says ENewsletter Read and Sign Up). You will need to add your email address in the block, click GO, and fill out the boxes on the next page. Here is a sample of the page!

The screenshot shows the registration page for the Virginia State Parks eNewsletter. At the top is the DCR Department of Conservation & Recreation logo and the text "Virginia State Parks". Below this is a "Registration" section with the subtext "Receive periodic emails about Virginia State Parks happenings - special events, new facilities, workshops, etc.". There are two email address input fields, each with a "Confirm your email address" label. Below the email fields is a "Your Interests" section with a heading "You have requested to receive the following:" and two checked checkboxes: "Virginia State Parks Newsletters & Happenings" and "CommonHealth Challenge". To the right of these checkboxes is a red note that says "Be sure to check both boxes" with two red arrows pointing to the checkboxes. Below the interests section is a "Preferred email format" section with radio buttons for "HTML" (selected) and "Text". At the bottom of the form are "Save Profile Changes" and "Cancel" buttons.

All overnight stays are based on availability and good only at Virginia State Parks with the facility offered. Prizes can be applied to longer stays. All cabin stays are for cabin sizes up to 3 bedroom. Prizes are for lodging only; winners are responsible for additional fees for pets, travel expenses, meals and any other fee based services available at the park. You must be employed by the Commonwealth of Virginia to win. Winners will be notified by the e-mail address provided upon sign up and are not responsible if we cannot contact winners due to non-deliverable e-mail. You must subscribe no later than September 6, 2010. Winners will be announced no later than Friday, September 17. A list of winners will be available upon request by contacting nancy.heltman@dcr.virginia.gov and will be published in the eNewsletter and Virginia State Parks blog.



Brought to you as a weekly e-mail from [CommonHealth](http://CommonHealth.com).